



# The Quail's Quill

October 2009

*The Newsletter of Villa Monterey Unit One*

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[www.neighborhoodlink.com/scottsdale/vmu1](http://www.neighborhoodlink.com/scottsdale/vmu1)

## Halloween Pot Luck in the Park

Friday evening, October 30

6:00 p.m.

We need volunteers to host this event. Since it's a pot luck, there's not a lot of effort involved. Of course, Myrna Walker and Kitty Kirgis will help with the party. Please call Myrna at 947-5837 or Kitty at 970-8112 with any suggestions or to volunteer to help out.



## Rummage Sale

Saturday morning, November 14

9:30 a.m.

Please don't throw away your "stuff." Now is a great time to get rid of things. The donations will be priced the night before, and the sale will start in the morning. In these tough times, it's great to rethink, renew, and recycle. Remember "One man's junk is another man's treasure!"

**Proceeds from this sale will be used to replace furniture in our park and pool area.**

## Your new neighbors

- Fran and Terry Walsh
- 7501 E. Rancho Vista Drive
- (480) 292-9727
- Tom and Maureen Prombo
- 4764 N. 75th Place
- (630) 802-1090

## Hiking the Grand Canyon by *Jim Murphy*

As I am writing this, I am recovering from a hematoma in my left calf muscle and undergoing therapy for a torn rotator cuff in my right shoulder but more about this later.

My summer started with a series of training hikes in and around Phoenix and Flagstaff in preparation for a rim-to-rim hike of the Grand Canyon. This hike would be a 43-mile hike over two days with one day of rest at the North Rim. Although I have been to the Grand Canyon many times, I am always left breathless at the awesome beauty and majesty of what truly is a natural wonder of the world, and she always beckons me to come back.

We started hiking about 4:00 a.m., one hour before sunrise, taking the South Kaibab Trail to Phantom Ranch for a rest and then up the North Kaibab Trail to the North Rim (23 miles).

Starting with head lamps, it was only a few miles before we were treated to an absolutely spectacular sunrise that revealed the Canyon's unbelievable colors one can see only from the floor of the Canyon.

Of the million people who visit the Canyon each year, only a small percentage ever venture down to the Colorado River. At 275 miles long and one mile deep, the Canyon is 10 miles from rim to rim, but it's a 23-mile hike! There is plenty to see, including several waterfalls, that cannot be seen from either rim.

The myriad of fossilized creatures seen in rock formations was a constant reminder that I was walking 1.84 billion years back in time. If you are a believer in the "big bang theory" as I am, you realize at the bottom of the Canyon that you are walking on rocks that are more than 30% closer to that singular moment when all matter was created, including the earth itself.

When we reached the North Rim at about 3:30 p.m., we were greeted by members of the group who decided to drive the 275 miles to the North Rim; they were there to celebrate our arrival with welcomed bottles of water, wine, and champagne. After a great dinner at the North Rim Lodge, we were early-to-bed to enjoy a day of rest and relaxation.

At 3:30 the next morning, we were hiking again in the dark. Of the ten people who went from south to north, only five decided they could make it back to the South Rim. Since it had been explained to me that we would be taking the Bright Angel Trail up the South Rim, I decided I could make it.

With blisters on top of blisters and every muscle in my body aching (it is bone jarring going down into the Canyon and muscle wrenching coming out), I concluded that the natural beauty and walk back in time were well worth the aches and pains ... so much so that I have already made reservations for 2010.

The second trip this summer took me to Vancouver Island, British Columbia, for a 50-mile backpacking trip, where I sustained the aforementioned injuries ....

